

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 03005, Babyfood, meat, veal, strained

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	82.37	--	--	79.71	85.04	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Energy	kcal	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	337	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein ¹	g	13.12	--	--	13.06	13.19	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat) ¹	g	2.45	--	--	1.7	3.19	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Ash ¹	g	0.54	--	--	0.52	0.57	1.0	--	--	1	Analytical or derived from analytical	--	03/2007
Carbohydrate, by difference	g	1.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Minerals													
Calcium, Ca ¹	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe ¹	mg	0.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Magnesium, Mg ¹	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Phosphorus, P ¹	mg	98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Potassium, K ¹	mg	170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Sodium, Na ¹	mg	39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Zinc, Zn ¹	mg	2.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Copper, Cu ¹	mg	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Manganese, Mn ¹	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Selenium, Se ¹	µg	3.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Fluoride, F ²	µg	1.3	--	--	1	1.6	1.0	--	--	1	Analytical or derived from analytical	--	03/2007

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Thiamin ¹	mg	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Riboflavin ¹	mg	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Niacin ¹	mg	2.850	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Pantothenic acid ¹	mg	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-6 ¹	mg	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, total ¹	μg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folic acid ¹	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, food ¹	μg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2007
Choline, total ¹	mg	49.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine ¹	mg	6.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-12 ¹	µg	1.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin E (alpha-tocopherol) ¹	mg	0.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma ¹	mg	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin D (D2 + D3)	µg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D ¹	IU	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin K (phylloquinone) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lipids													
Fatty acids, total saturated	g	1.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
12:0 ¹	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
15:0 1	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
16:0 1	g	0.575	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
17:0 1	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:0 1	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
24:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated	g	1.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
14:1 1	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
16:1 undifferentiated ¹	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
17:1 ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated ¹	g	0.898	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:1 ¹	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
24:1 c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated	g	0.157	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated ¹	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:3 undifferentiated ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
21:5 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cholesterol ¹	mg	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD

²Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa